

RECIPES FOR ROSH HASHANAH, THE SEDER SIMANIM & IDEAS FOR A BEAUTIFUL FESTIVE TABLE

LUBIA - GREEN BEANS

יהי רצון מלפני אבינו שבשמים, שירבו זכויותנו.

May it your will, our father in heaven that you should make plentiful our merit.

- Word play - the Aramaic word for beans is *Rubiya* which sounds like the Hebrew for plenty or many *Rav*.

[Makes one small side dish for two to share]

300 g / 2 hand fulls green beans, topped and tailed

4 cloves garlic (add more if you like), finely sliced

7 tbsps tomato pasata or 5 tbsps tomato puree

(optional) half quantity of pasata or puree and replace with 1 large fresh tomato

(about 1 ½ tps) Salt to taste

Pepper

1 ½ tsp paprika

½ tsp cumin

(optional) ¼ tsp chilli flakes

½ tbsp coconut oil or sunflower oil

In a frying pan on a medium light cook off green beans for 5 minutes turning regularly until the edges look ever so slightly brown and they start to soften, add garlic, cook off for a further 2 minutes. Now add sauce (and/or tomatoes) and your spices stir mixture on a high light for 3 minutes until it begins to boil, simmer on the lowest light for around 20 minutes until beans are soft but still keep there shape, will keep for a day, serve warm or at room temperature.

SPINACH OR CHARD

יהי רצון מלפני אבינו שבשמים, שישתלקו אויבינו ומשטיגנו.

May it your will, our father in heaven that you should cut off our enemies and our accusers.

- Word play - the Aramaic word for a well cooked vegetable is *Selek*, also a word which means beetroot (some use beetroot). The word sounds like the Hebrew for cutting off, *histalek*.

[Makes one small side dish for two to share]

2 large leaves chard

or 2 bunches spinach

½ tbsp coconut oil or sunflower oil

Pinch salt
1 flat tbsp pomegranate molasses (use maple syrup as an alternative)
¼ lime
(optional) 4 tbsp dry roasted pumpkin seeds

Wash well and finely slice chard or spinach. Cook off on medium high light for 2 minutes tougher stalk first if using chard, add in garlic and brown for 3 minutes until just beginning to brown. Add in leaves and turn every minute for 3 minutes, season and then take off the light when leaves are soft but not losing their shape. Finish with the molasses and a squeeze of lime, I finished this dish off with a topping of pumpkin seeds which add a little crunch.

POMEGRANATE AND ENDIVE SALAD

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂתַרְבֶּה זְכוּתֵינוּ כְּרַמּוֹן:

May it your will, our God and God of our ancestors that you increase our merit like the pomegranate.

- The pomegranate is a symbol of plenty, some have connected its plentiful seeds to the plenty of mitzvot we have in our Torah. It also is ready for harvest at this time of year.

1 endive finely sliced
½ pomegranate
Dressing
2 tbsp oil
Juice from ½ lemon
Salt and pepper

Mix dressing in a bowl and then mix all the ingredients together, dress only 20 minutes before serving.

SEDER SIMANIM

אמר אביי השתא דאמרת סימנא מילתא היא יהא רגיל איניש למיכל ריש שתא קרא ורוביא כרתי סילקא ותמרי

Abaye said: Now that you have said that a sign is a substantial matter, a person should be accustomed to eat, at the start of the year, gourd, fenugreek, leeks, beets, and dates, as each of these grow and multiply quickly, which is a good omen for the deeds of the upcoming year.

BABYLONIAN TALMUD, TRACTATE

KERITOT 6A

There are many different customs at this season, the order here should be considered a template for families or individuals to add to or use as is. This ceremony is designed to add intention to the Rosh Hashanah meal, to add to the celebration and for fun.

Talk of hatred of our enemies should be understood within the context of Jewish history wherein communities did feel under threat particularly at the times of festivals. Talk of enemies and those who hate us can be understood in a more modern context in relation to defeating evils in the world and perils that endanger humankind.

After eating apple and honey:

יהי רצון מלפניך ה' אלקינו ואלקי אבותינו שתחדש עלינו שנה טובה ומתוקה:

May it your will, our God and God of our ancestors that you should renew our year with good and sweetness.

Some eat from a lamb's head or from a fish's head:

יהי רצון מלפני אבינו שבשמים, שנהיה לראש ולא לזנב.

May it your will, our Father in heaven that we start the year ahead (lit. head) and not behind (lit. tail).

Before eating dates:

יהי רצון מלפני אבינו שבשמים שיתמו שונאינו ואויבינו.

May it your will, our Father in heaven that those who show us hatred and our enemies be destroyed.

Before eating pomegranate:

יהי רצון מלפניך ה' אלקינו ואלקי אבותינו, שתרבה זכותינו כרמון:

May it your will, our God and God of our ancestors that you increase our merit like the seeds of the pomegranate.

Before eating green beans:

יהי רצון מלפני אבינו שבשמים, שירבו זכותנו.

May it your will, our Father in heaven that you should make plentiful our merit.

Before eating leeks:

יהי רצון מלפני אבינו שבשמים, שיכרתו שונאינו.

May it your will, our Father in heaven that you should cut off those who hate us.

Before eating a piece of pumpkin or marrow:

יהי רצון מלפני אבינו שבשמים, שתיקרע רוע גזר דיננו, ויקראו לפניך זכותנו.

May it your will, our Father in heaven that any bad decree be torn up and our merits be proclaimed.

Before eating spinach or beetroot:

יהי רצון מלפני אבינו שבשמים, שישתלקו אויבינו ומשטיננו.

May it your will, our Father in heaven that you should cut off our enemies and our accusers.

Some eat fish:

יהי רצון מלפני אבינו שבשמים, שנפנה ונרבה כדגים.

May it your will, our Father in heaven that we should be fertile and multiply like fish.

IDEAS FOR A BEAUTIFUL TABLE

Don't hold back, especially this year making our home space and table feel festive might just give us the boost we need and take us for some of the sadness of this year being so different and our world being topsy-turvy, to that feeling of festive joy and hope. With thanks to the best mother-in-law around, Sarah Weisz.

- Start with a white tablecloth.
- Go to your local toy shop and buy some big metal or fluffy bees, hang them above your table or put them on sticks in a vase.
- Make place settings out of mini honey pots with people's names on, just use regular labels for this.
- Make place names with an apple for each person to take home (even better if from a local orchard or the garden) place a cocktail stick in each with a label at the top with the person's name.
- Look up online how to make a cardboard beehive, recruit cousins or children to design and make beehive and use this as a table decoration.
- Make a beautiful flower arrangement with locally picked flowers.
- Make cardboard cut outs of symbols of the season - shofar, bees, apples, pomegranate, recruit some kids to decorate (glitter is optional), fix each cut out onto bamboo or cane and arrange in a vase instead of a flower arrangement.
- Send a postcard to your nearest and dearest, those who you will miss this year. Send them a postcard to be read at the Rosh Hashanah table in place of your physical presence. Consider making a donation in their honour to jtree.global/ to plant trees in celebration of the birthday of the world.